

## **Course Information**

### **NCFE Certificate in Nutrition and Health**

#### **Who is it for?**

This course is designed for those who wish to develop their understanding of the principles of healthy eating and the role of food in maintaining health.

#### **Qualification**

The qualification is accredited by a nationally recognised awarding body – NCFE. Candidates work through the distance-learning course materials at their own pace, and at times convenient to them – so there is no need to attend the college to gain the qualification.

#### **Course aims**

- To provide candidates with an understanding of nutrition and health
- To increase confidence in planning and achieving a healthy diet
- To provide employers with a structured training programme which will meet the training needs of their employees
- To encourage career development

#### **Course content**

The course consists of three units covering:

- Explore principles of healthy eating
- Consider nutritional needs of a variety of individuals
- Use food and nutrition information to plan a healthy diet

#### **Course delivery and assessment**

Candidates will be provided with course materials for the programme. The learning materials contain the knowledge needed to meet the assessment requirements of the course and activities to allow candidates to practise their skills and test their learning.

Candidates work through the learning materials and complete assessments for each unit. Learning activities and assessments are based on a combination of knowledge and skills learned on the programme and work-based activities and experience. On successful completion of the 3 units a certificate will be awarded.

#### **Tutor Support**

Each candidate will have access to a tutor who will support them throughout the programme. Your tutor will agree a schedule of work with you that suit your particular circumstances. You will be able to contact your tutor and/or college for help, support and guidance at any stage of the course. Your tutor will provide you with detailed feedback on your work.

#### **Progression opportunities**

There is a wide range of industry-specific NVQs and other vocational qualifications that include aspects of nutrition and health. For example, candidates could progress on to NVQs in Food Preparation or Food and Beverage Service. Food Hygiene qualifications would also be appropriate progression routes.

#### **Cost**

**Free.**